



## FIRE

Each of the 5 elements has a number of distinctive associations. The Fire element is related to your heart, small intestine, tongue, blood vessels and affects our speech. The emotions affected tend to be joy, over excitement with possible mood swings. You may tend to prefer the color red, mid-day, the season of summer, heat and bitter flavors.

## The Chuan Breathing Ritual

To enhance the therapeutic effects of our signature massage treatments, our therapists will guide you through a unique breathing ritual as a prelude to your spa journey.

This exclusive breathing ritual is developed according to the Traditional Chinese Medicine theory of the five elements to restore harmony to your mind, body and soul.

### Breathing Ritual – Fire

- Sit comfortably and rest your right hand on your chest against the heart
- Liberate your imagination and create your own mental image with the color of red
- Inhale to the maximum capacity and hold your breath as long as possible
- Upon exhalation, chant the sound “zhi”

